

YOUR GUIDE TO THE CONNECTIONS APPLICATION

SETTINGS & PROFILE

PROFILE

Your profile is visible in Teams and allows you to share as much or as little as you wish with your peers. You can upload a profile picture or chose an avatar; as well as share interests and photos to name a few options.

HIGH RISK LOCATION

This is one feature that you must enable in permissions in order for it to work. If there are locations that are risky for you, you can identify these here so that the Connections App will alert you if you are getting too close! You are the only person who knows these locations. The Connections App does not track you or report your location to anybody at any time. Your care team will only be told when you are alerted.

SOBRIETY DATE

You can set your sobriety date here which will be used to congratulate you as you achieve recovery milestones. Certain responses, such as self-reported relapse, will cause this date to reset to keep you honest with yourself!

SECURITY QUESTIONS

These questions will ensure only you can reset your password to protect your account.



CONTACTS

Add just a few people to your contacts here who are supportive of your recovery! Calling them will become an easy option if you find yourself struggling or in need of support.

DAILY CHECK-IN

Set a convenient time each day to be prompted to take your daily, one question survey here. This can be changed at any time!

NOTIFICATIONS

Go here to turn on/off the notifications that are pushed to your phone homescreen.

LOGOUT

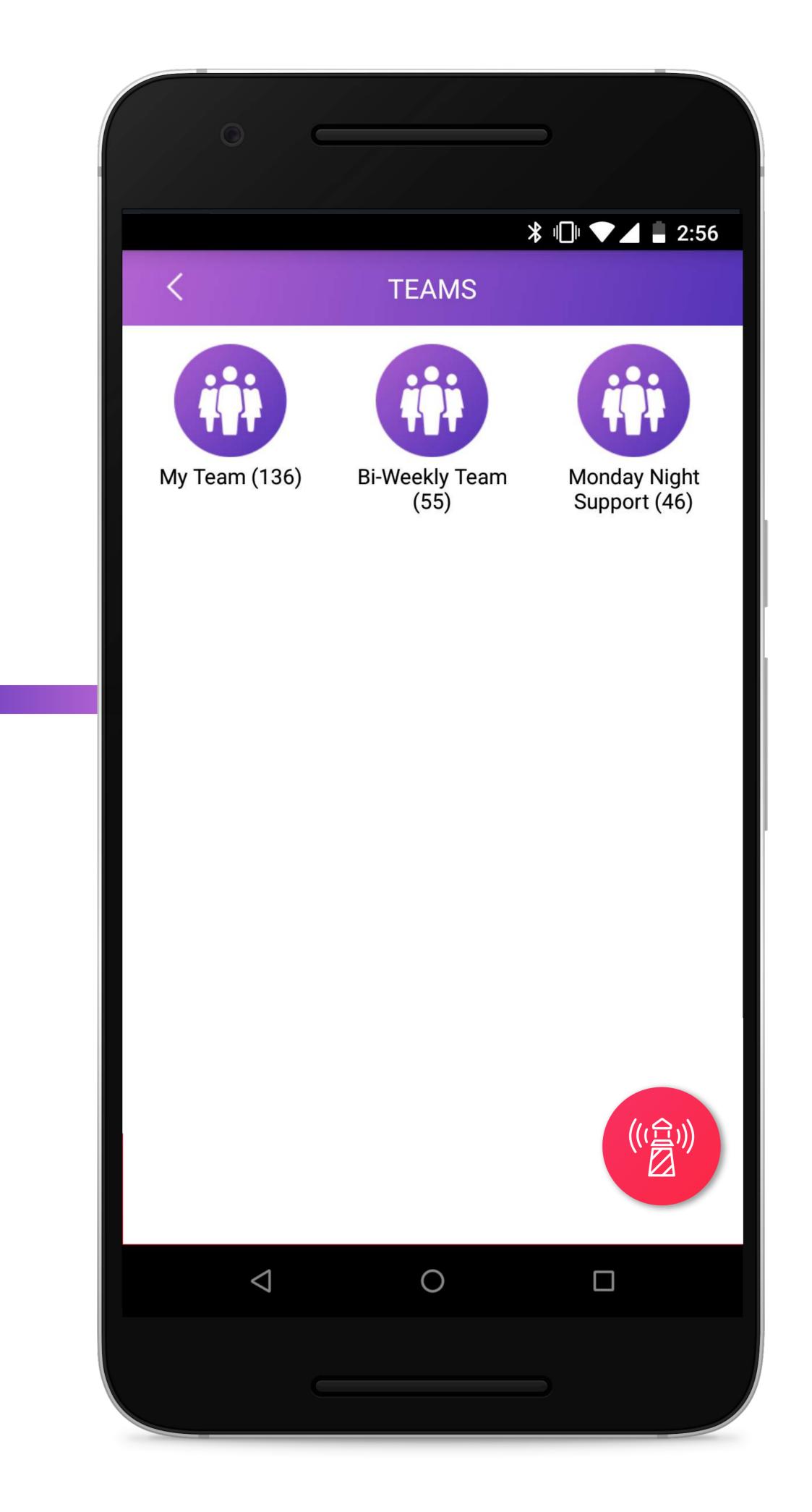
Logging out is not necessary and not recommended, especially if you have your phone protected with a password. If you get a new phone we recommend you logout on your current device and then log in on the new one. Some features will be lost with logout including journals, goals, motivations and contacts and will need to be restored.

Press this button when you are very stressed or otherwise need urgent help in your recover. (Always call 911 if it is a medical emergency!)

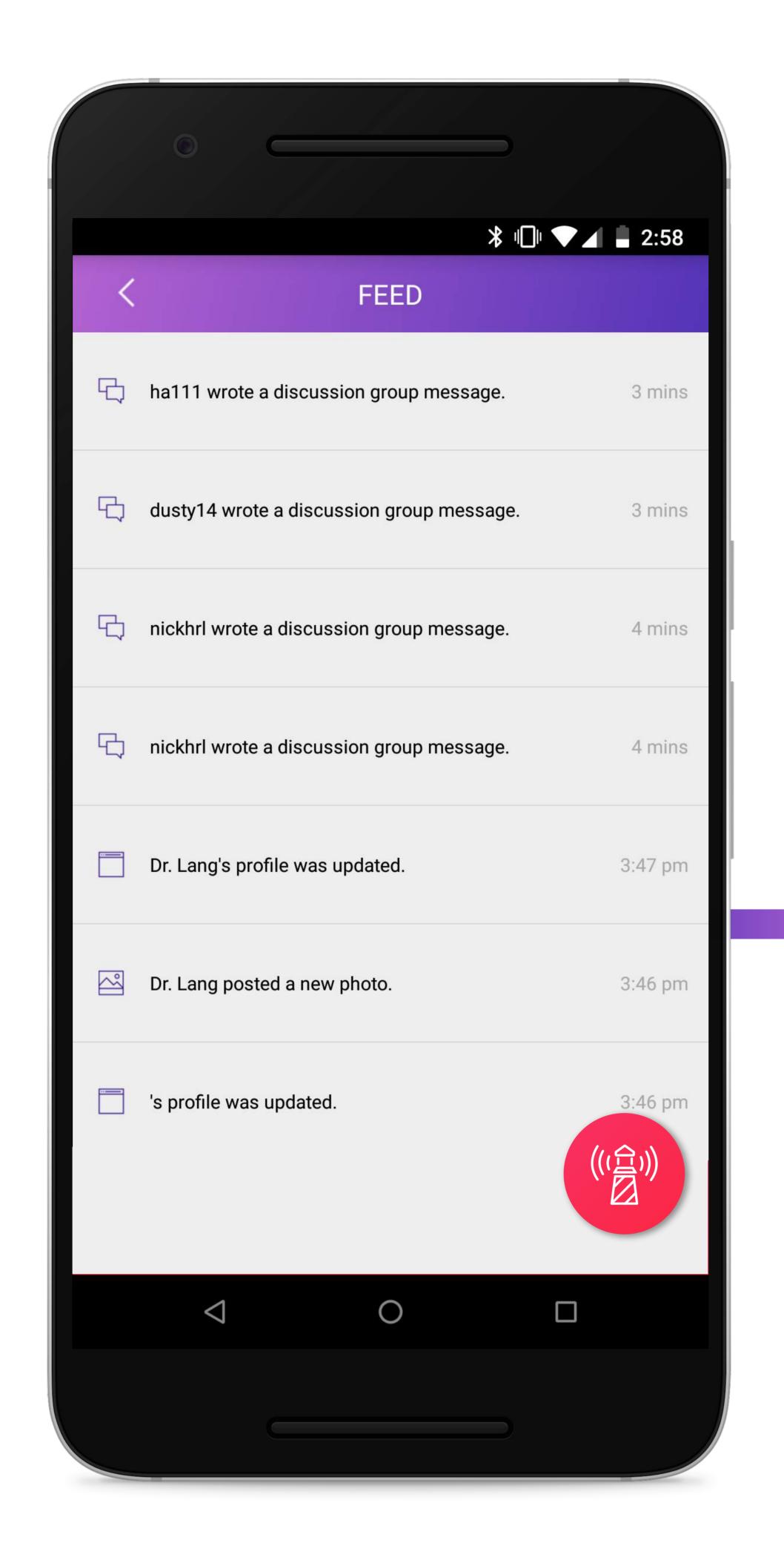


YOUR TEAMS

A Team is a grouping of people. Your provider will create Teams based upon their treatment approach which sometimes reflects groups that meet in person, and other times reflects people with similar needs or interests. Once you are assigned to a Team you will have the ability to reach out to anyone in that Team directly via Connections.



TEAMS = SOCIAL





TEAM FEED

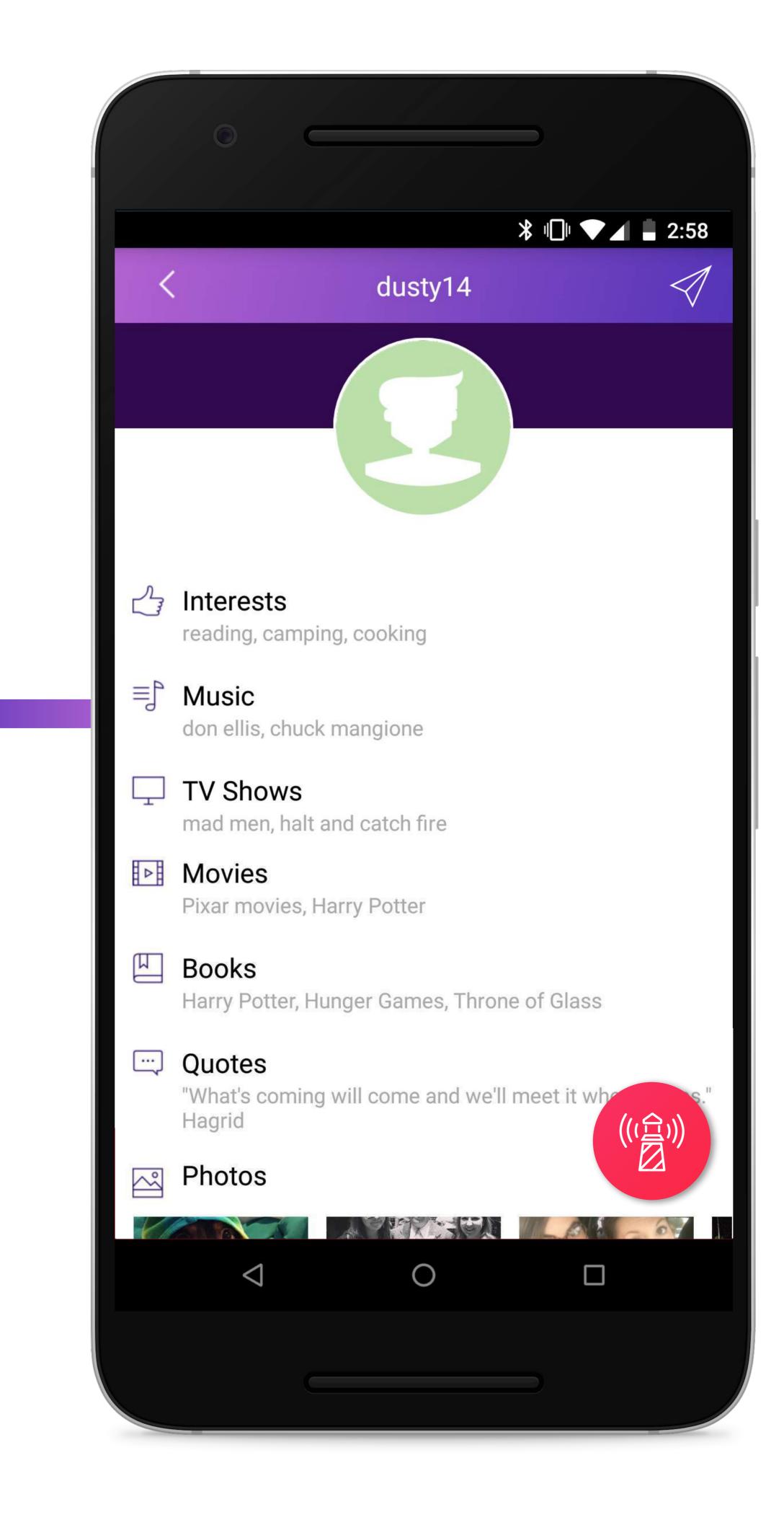
Once you tap on a Team to enter it and tap again at the top on the bar with the megaphone, you will see the Team feed. This is a great summary of all of the good news your teammates have to share like sobriety milestones, and also lets you know that someone has posted new information to their profile. In one easy glance you will get to know your team better.



PER PROFILES

To learn more about your teammates simply tap on Team and then tap on an individual to see his/her Peer Profile. It's nice to find someone who shares common interests outside of recovery such as music, movies, or TV shows; or simply get to know more about who they are by looking at their photos.

Hint: At the bottom of a profile is where you can send someone a message, view their wall posts, or post on their Profile wall.

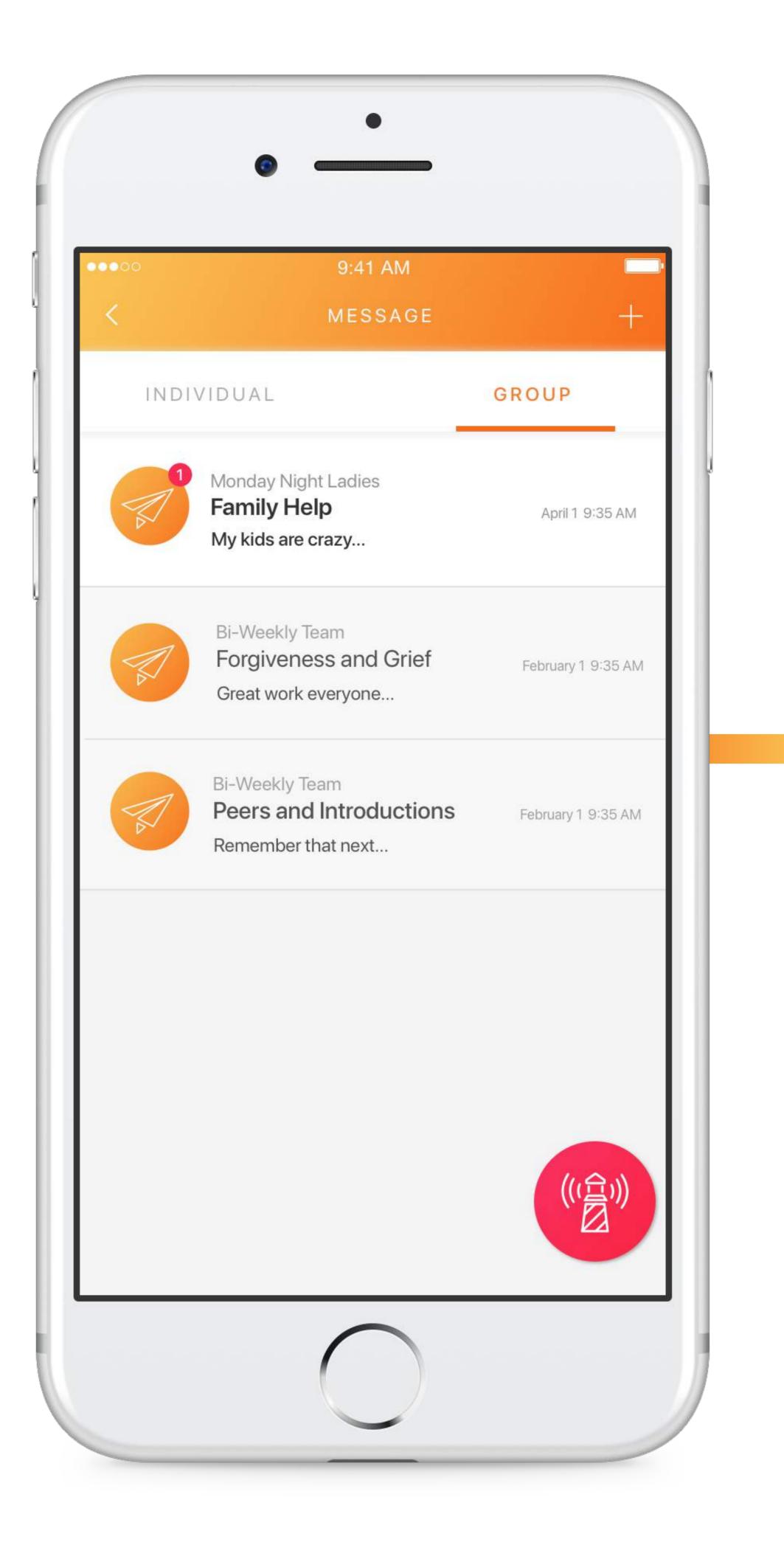


PURPOSE

Connections is a safe, convenient way to forge new friendships with people who are walking a similar recovery path. Teams is the section in the App that allows you to begin making these personal connections.

PURPOSE

Messaging connects you with peers and your care team, for support and fun. Send a message or join a conversation today.





MESSAGES = CONNECTIONS

INBOX

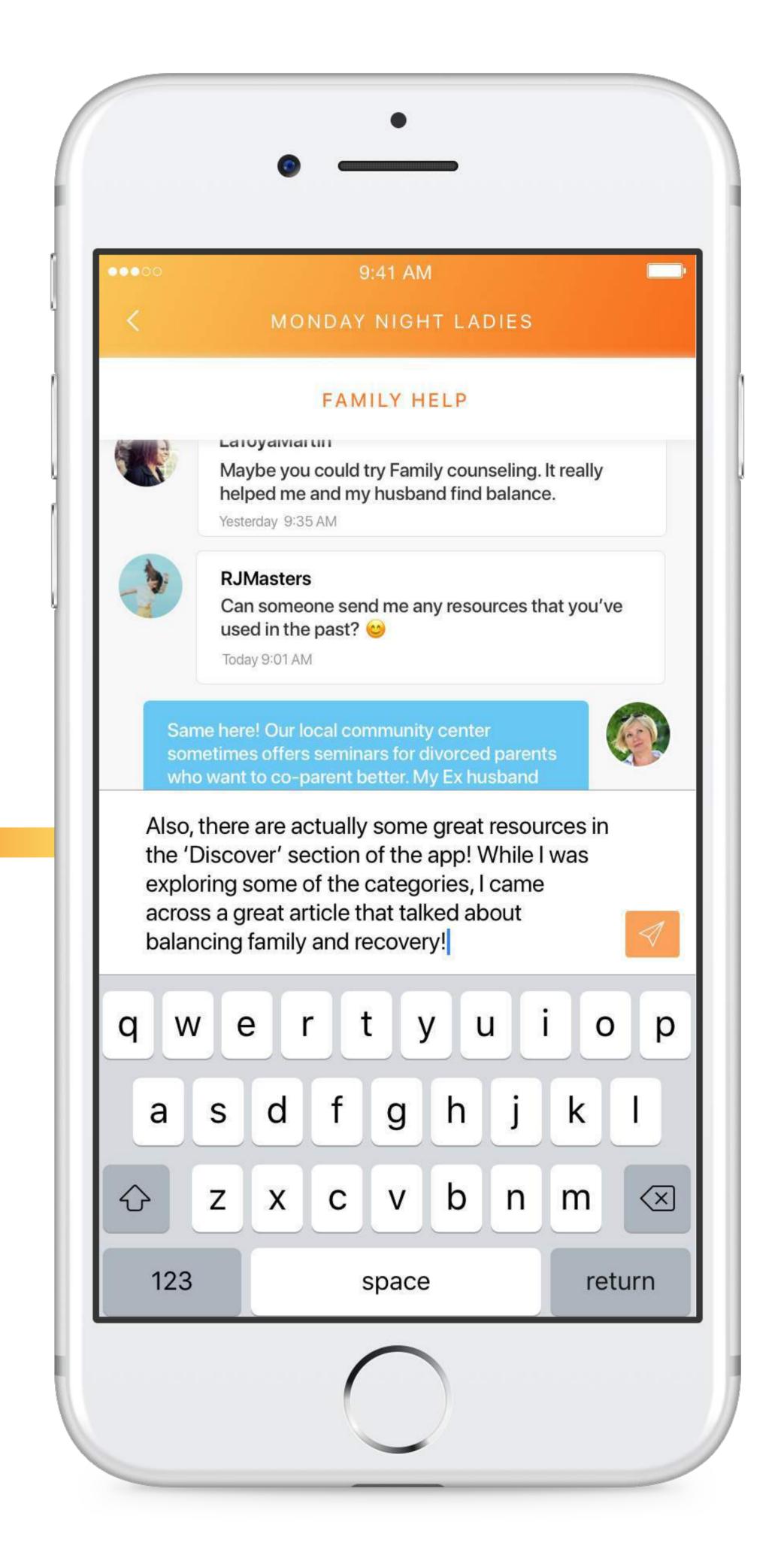
Your inbox allows you see all messages sent to you in Connections. Some messages are from individuals within your Team and are easily spotted with a Peer Profile picture beside them. Others are related to discussion groups and have the airplane icon to the left. You can answer either directly from your inbox by tapping on that message and entering your response at the bottom of the screen and sending.



GROUP MESSAGES

From your inbox you can catch up on what everyone is sharing on within a discussion group! These discussion groups are created by your provider based on specific topics or needs. You and other peers in recovery are then added to these discussion groups by the care team.

Hint: The discussion groups you are invited to participate in may have different peers than are currently in your Team. You can interact with them through the discussion group but will not be able to send them any individual messages.

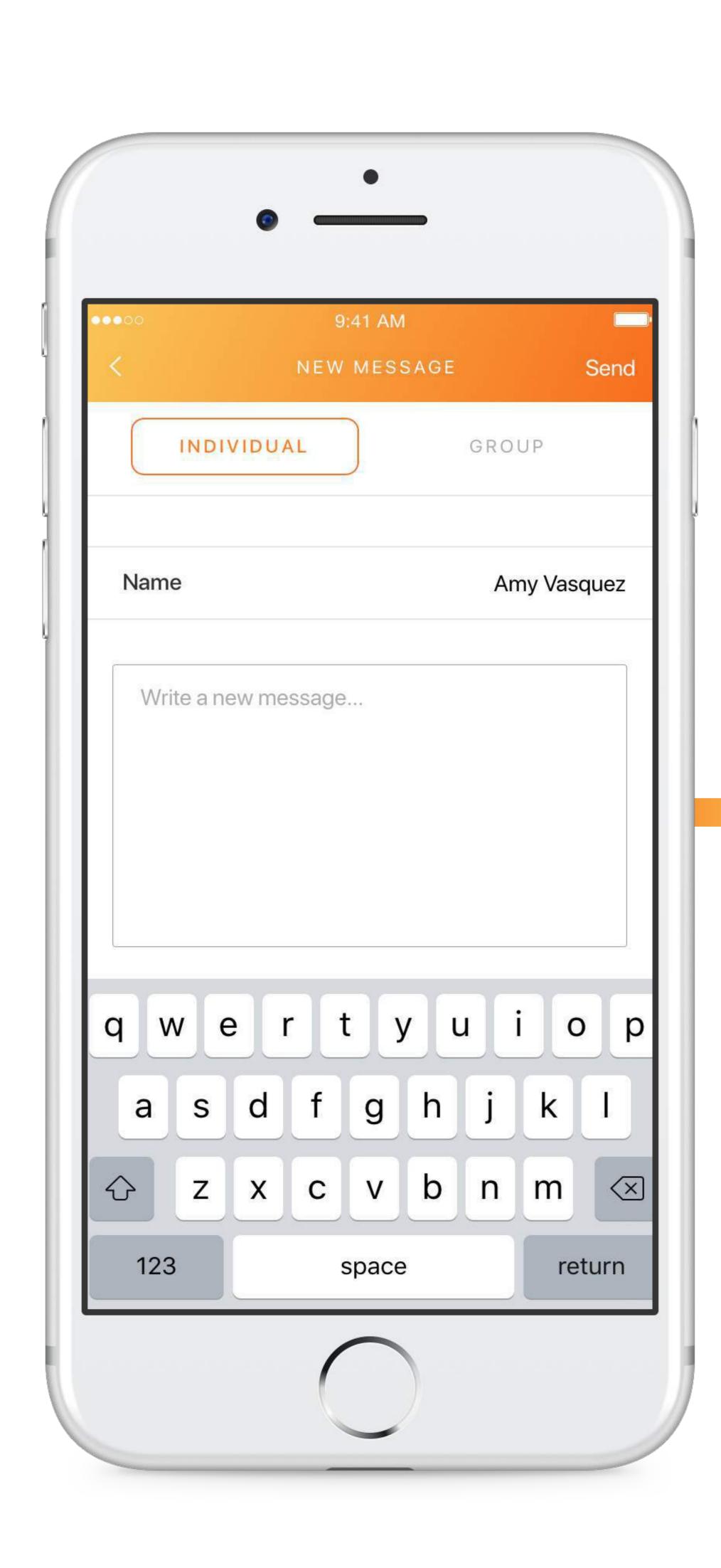




CREATE MESSAGES

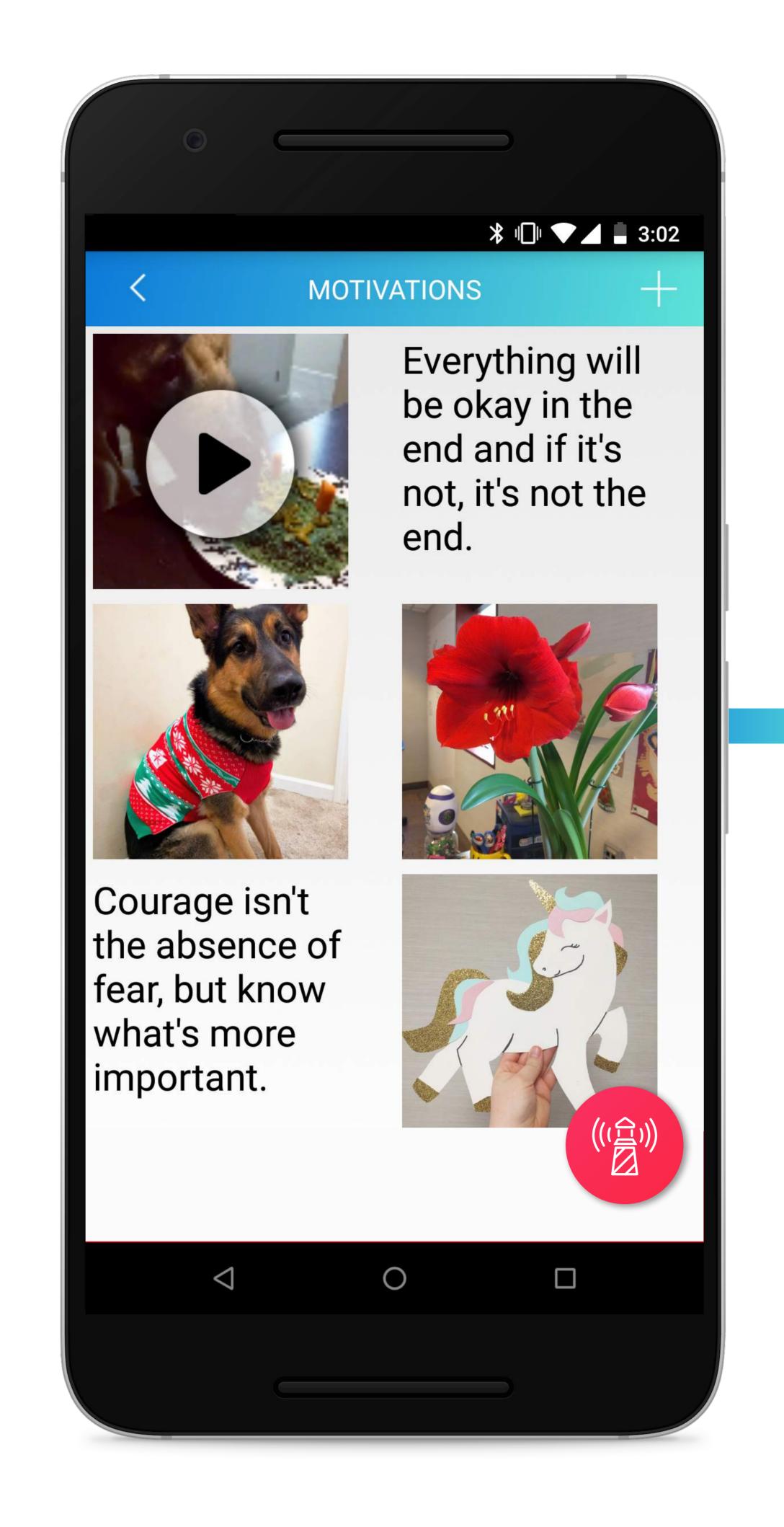
To send a new message, tap on the + sign, choose whether you want to message an individual or a Discussion Group, write your message and press "Send".





PURPOSE

Sometimes you just need that extra reminder about why you are working so hard. The Discover Section holds your key motivations for sobriety, and also gives you access to support no matter where you may be traveling with a resource library at your fingertips and support locator.

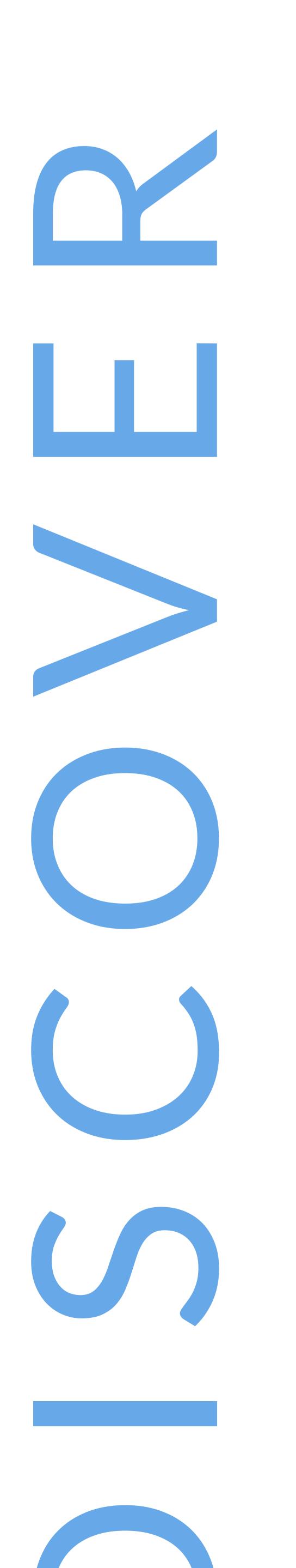


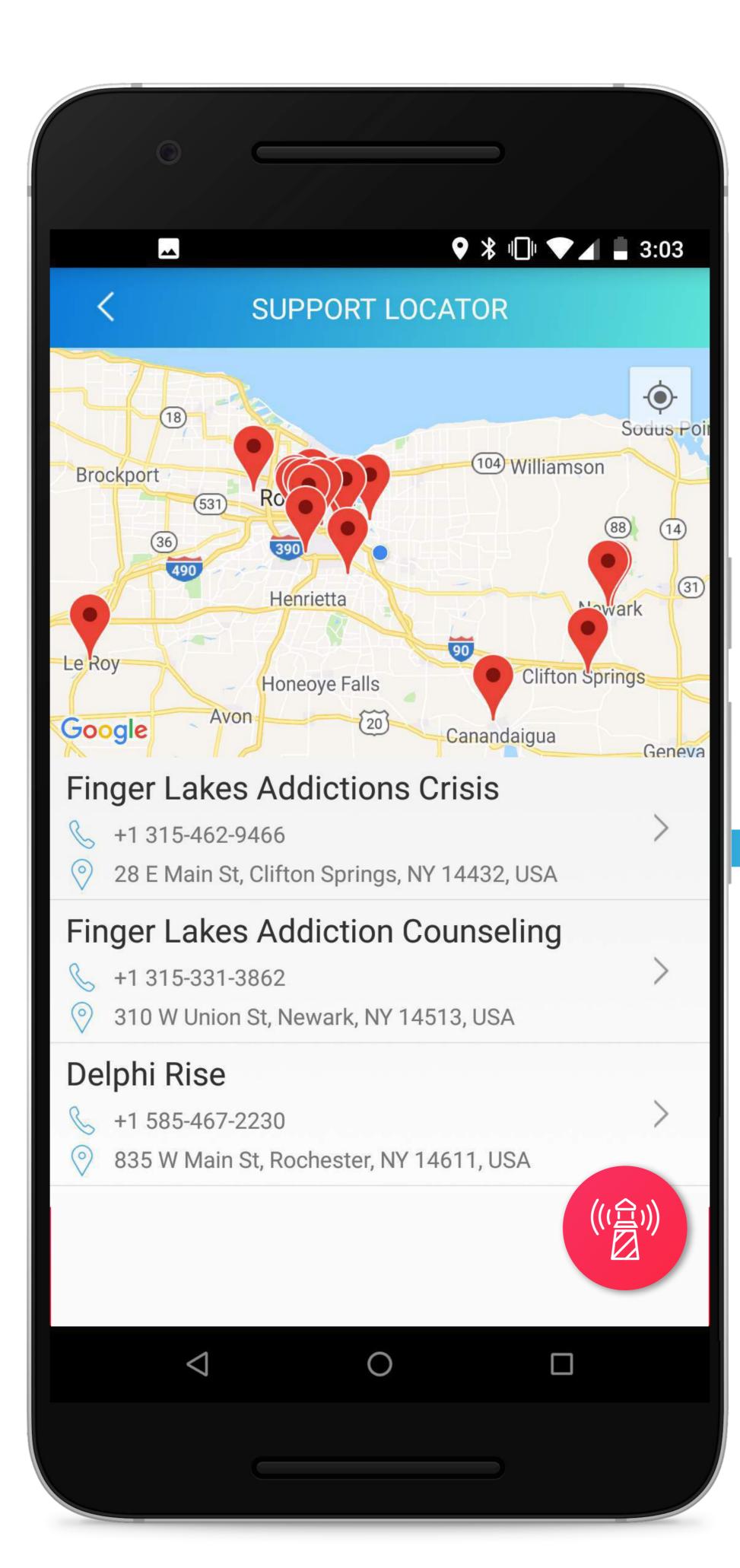


LOOK, LISTEN, LEARN

This library contains addiction-related materials that are there to help you whenever you need it. Resources like music, meditation, talks, stories, and a lot more.

Hint: Certain resources in the library allow you to "favorite" them by tapping on the heart in the upper right-hand corner. It will then go into your "favorites" category.



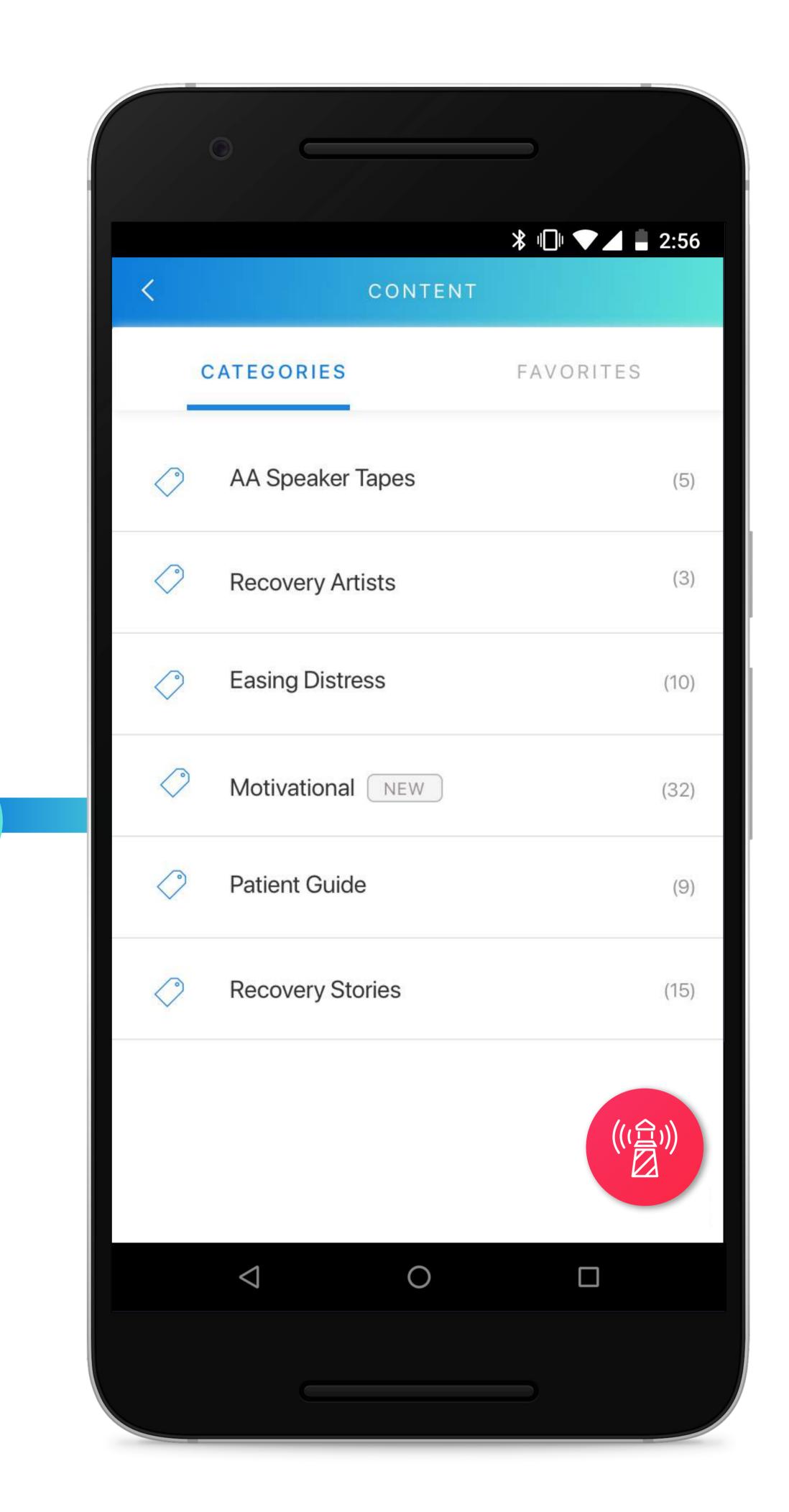




MY MOTIVATIONS

Everyone has personal motivations for staying clean and sober. Adding photos, videos or text that is special to you will help to remind you of why you are in recovery.

Hint: To choose a Main Motivation, tap on the item. Then tap on the three dots in the top right of the screen. After selecting "Set as Main", the item will then have a blue star on it to identify it as your Main Motivation. Your Main Motivation is the first thing you will see when pressing the RECOVERY HELP button.





SUPPORT LOCATOR

You can find addiction-related supports anywhere with the Support Locator. When you tap it, a map will appear showing resources that are located within 50 miles of where you are currently. By tapping on a resource, you can call them, go directly to their website or see where they are on a map.

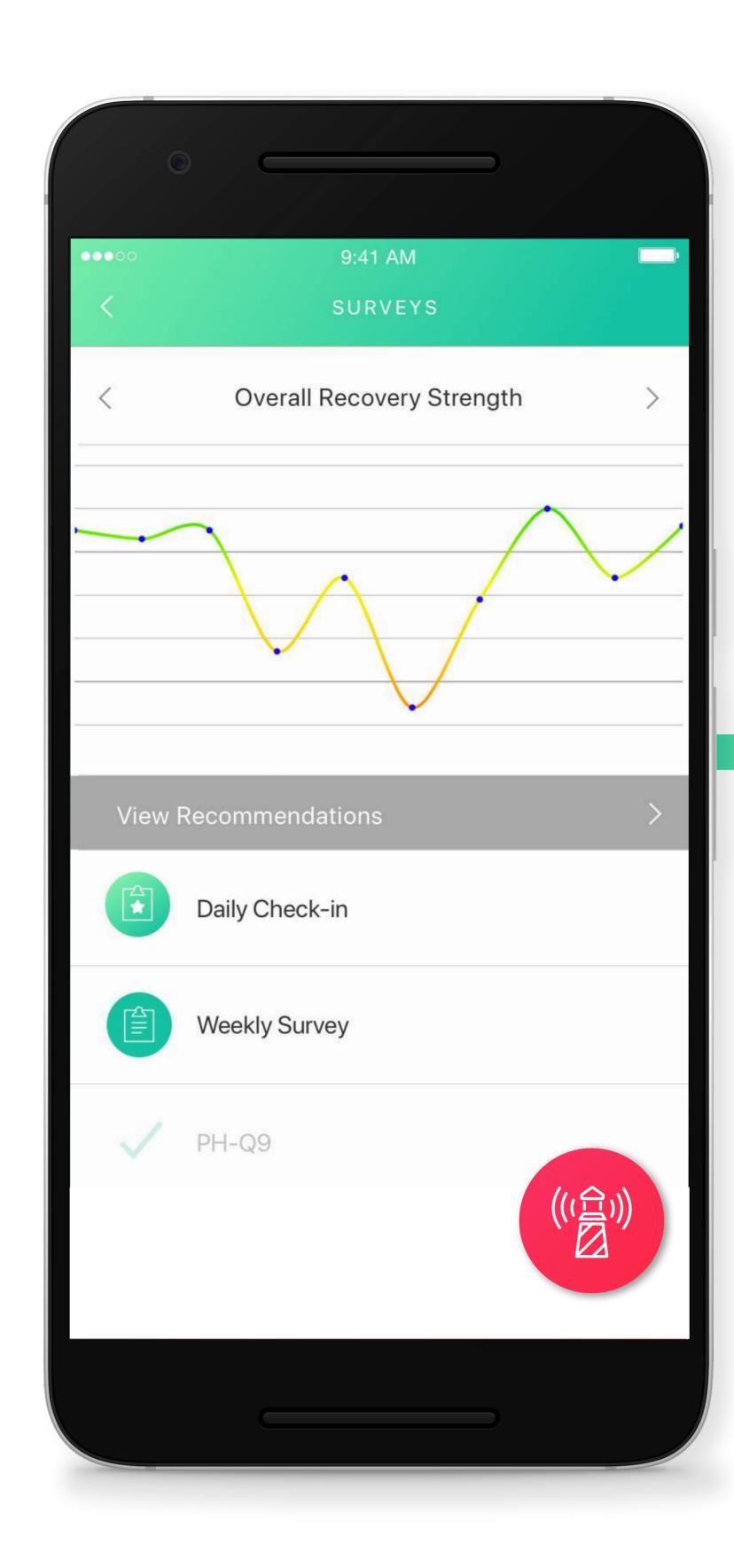
Hint: Let's say you are traveling and find yourself in a situation where you feel you need support but do not know the area well. By tapping on the Support Locator, you will be instantly connected to a list of resources that are there to assist you.

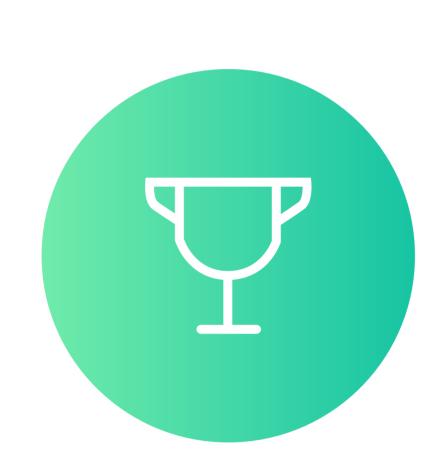


SURVEYS

The "Daily Check-in" is a one question survey that gives you a chance to reflect on your sobriety confidence each day.

The "Weekly Survey" encourages you to answer the same set of questions each week related to important aspects of your recovery including sleep, relationships, and meeting attendance. This will help you and your care team to identify areas of strength and also those areas where you may need additional support. Results are shown in a graph over time so you can see your patterns of recovery.

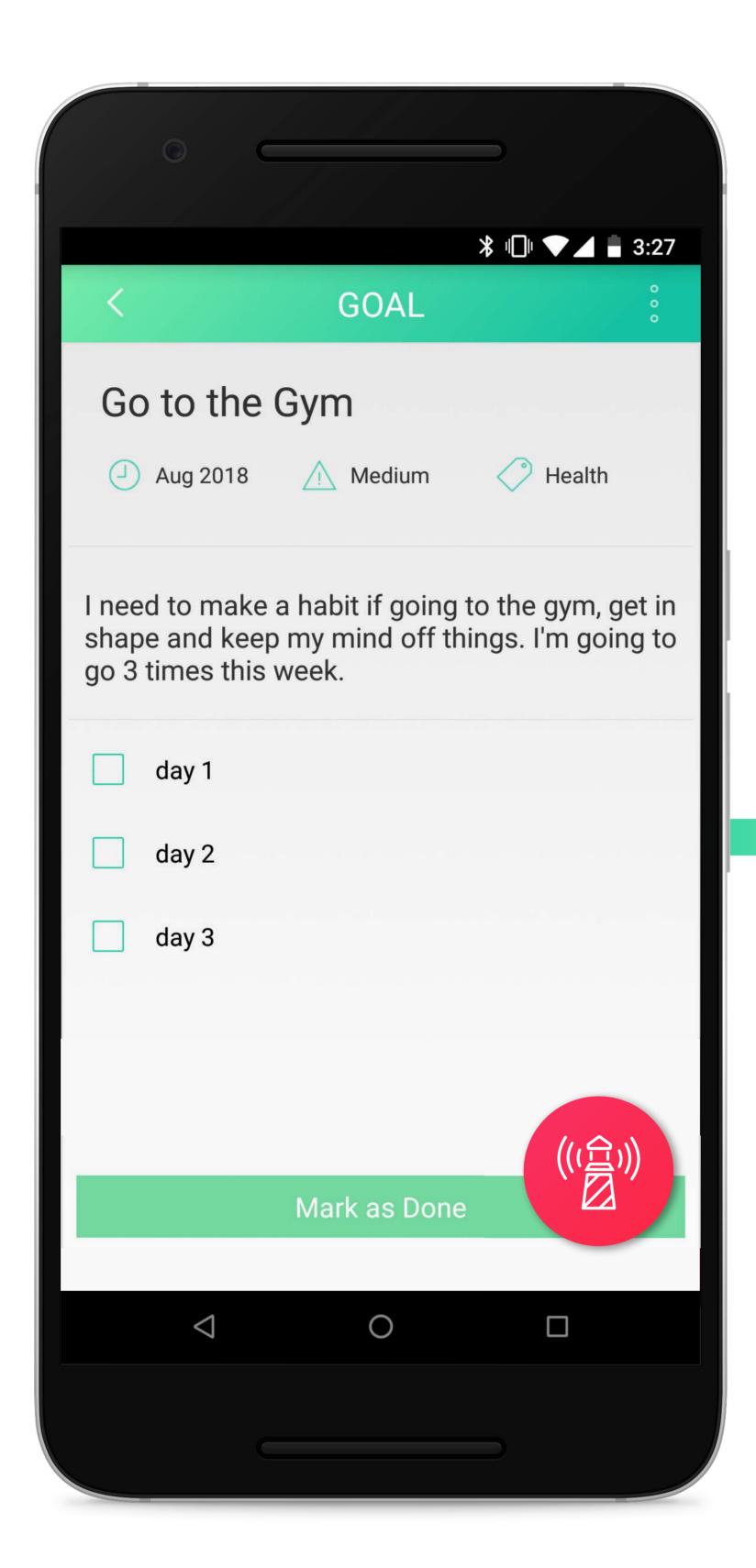




GOALS

This is where you can set your short term and long term goals related to any area of your life from exercise and finances, to career and recovery.

Hint: The goals from your treatment plan can be built into this section so you always have your plan at your fingertips.

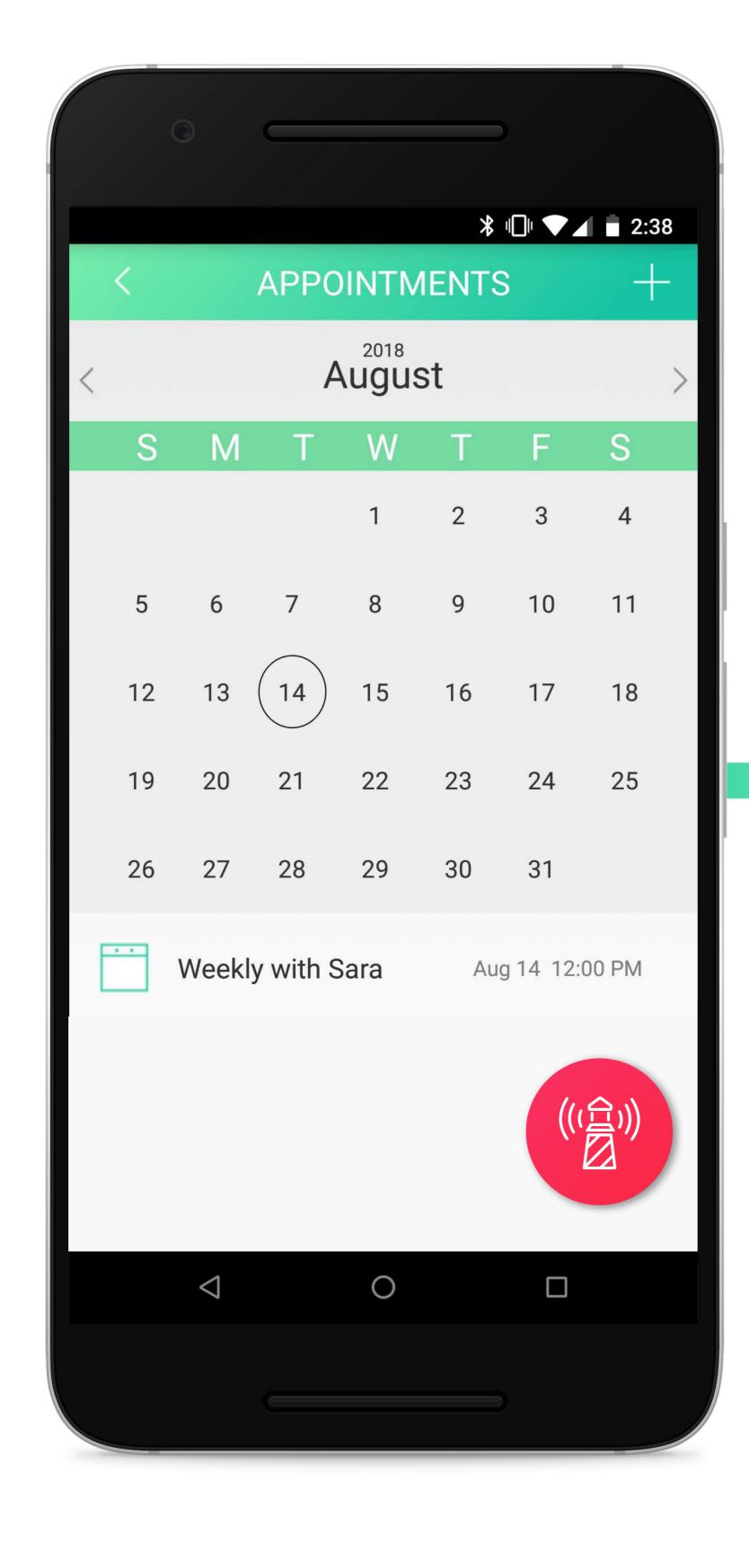


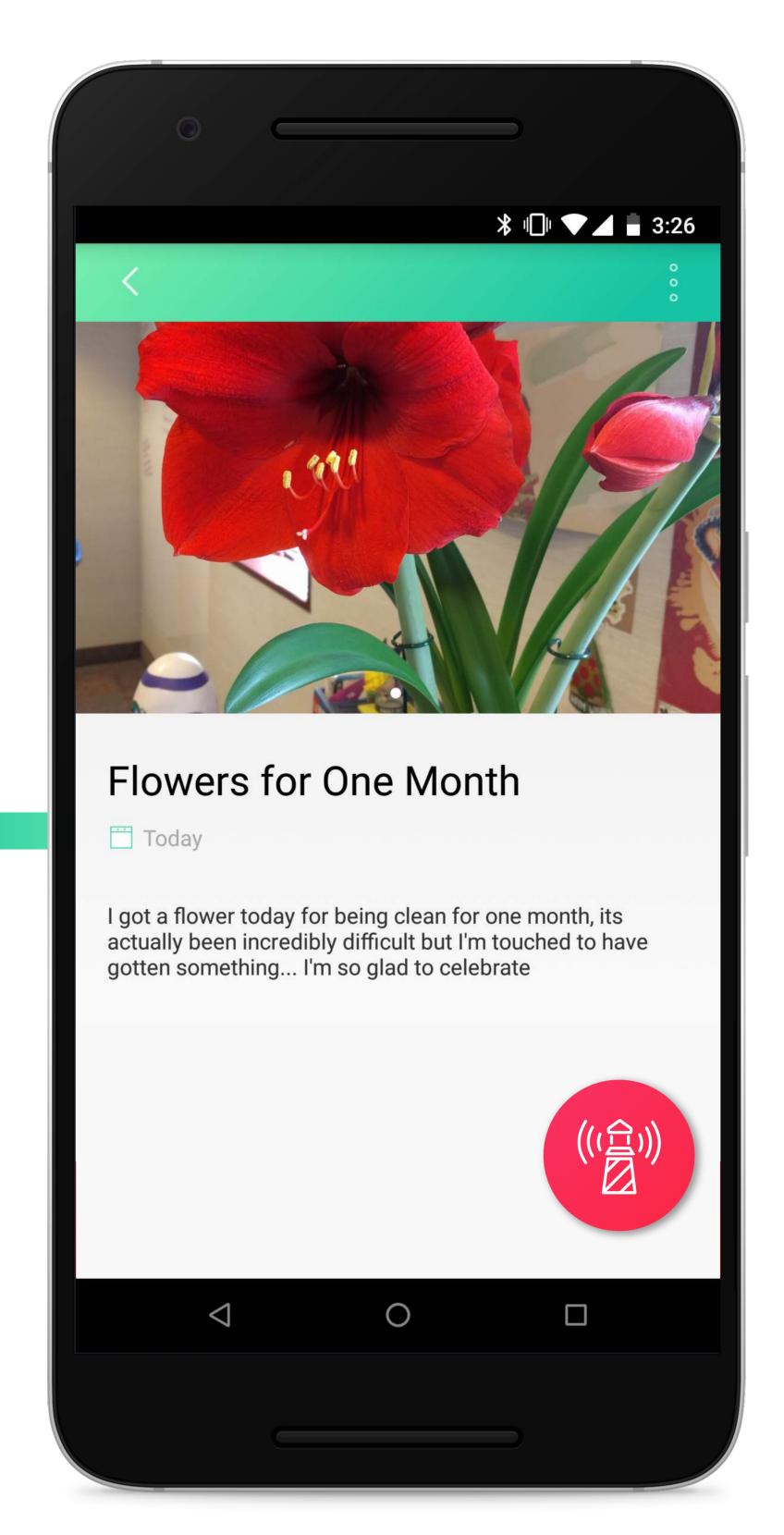
GOALS + ACTIONS = RECOVERY SUCCESS



APPOINTMENTS

Your care team can send appointments directly to this calendar to keep you on track for individual / group counseling and other key appointments. Feel free to add items here that support your recovery; such as court dates or meetings with your Sponsor.



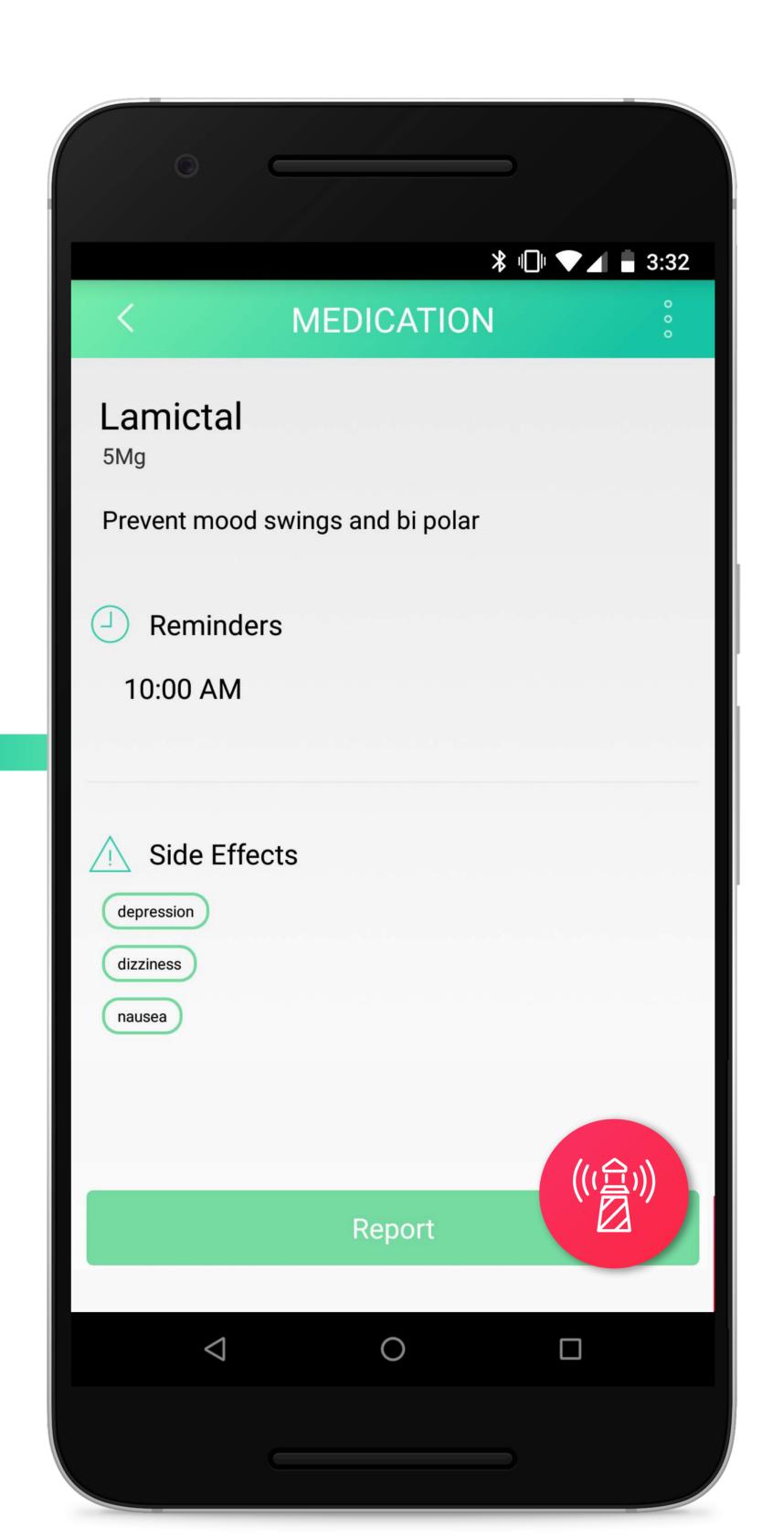




JOURNAL

Journaling is a very effective recovery tool that allows you to express yourself and later reflect on where you have been, how far you have come and what you have learned. This is a private place for your thoughts and is not shared with anybody else.

Hint: You can handwrite journal entries and add photos as well!





MEDICATIONS

Your care team can assign medications and reminders to you here!

Connections will alert you to take your medications and also let your care team know if you miss several doses so they can help to keep you on track.

PURPOSE

To get from Point A to Point B, it is helpful to see the steps you need to take! Surveys provide critical, visual information to you and your care team. The rest of this section allows you to put plans in place through schedules, journaling and goals to take the right next steps for you.



RECOVERY HELP

Press this button when you are very stressed or otherwise need urgent help in your recover. (Always call 911 if it is a medical emergency!)

When you press the Recovery Help button, this screen below appears.

MAIN MOTIVATION

When you press the Recovery Help, the first thing that will display is a picture, video or phrase that is your Main Motivation to stay in recovery. Sometimes this reminder is all you need!



MY CONTACTS

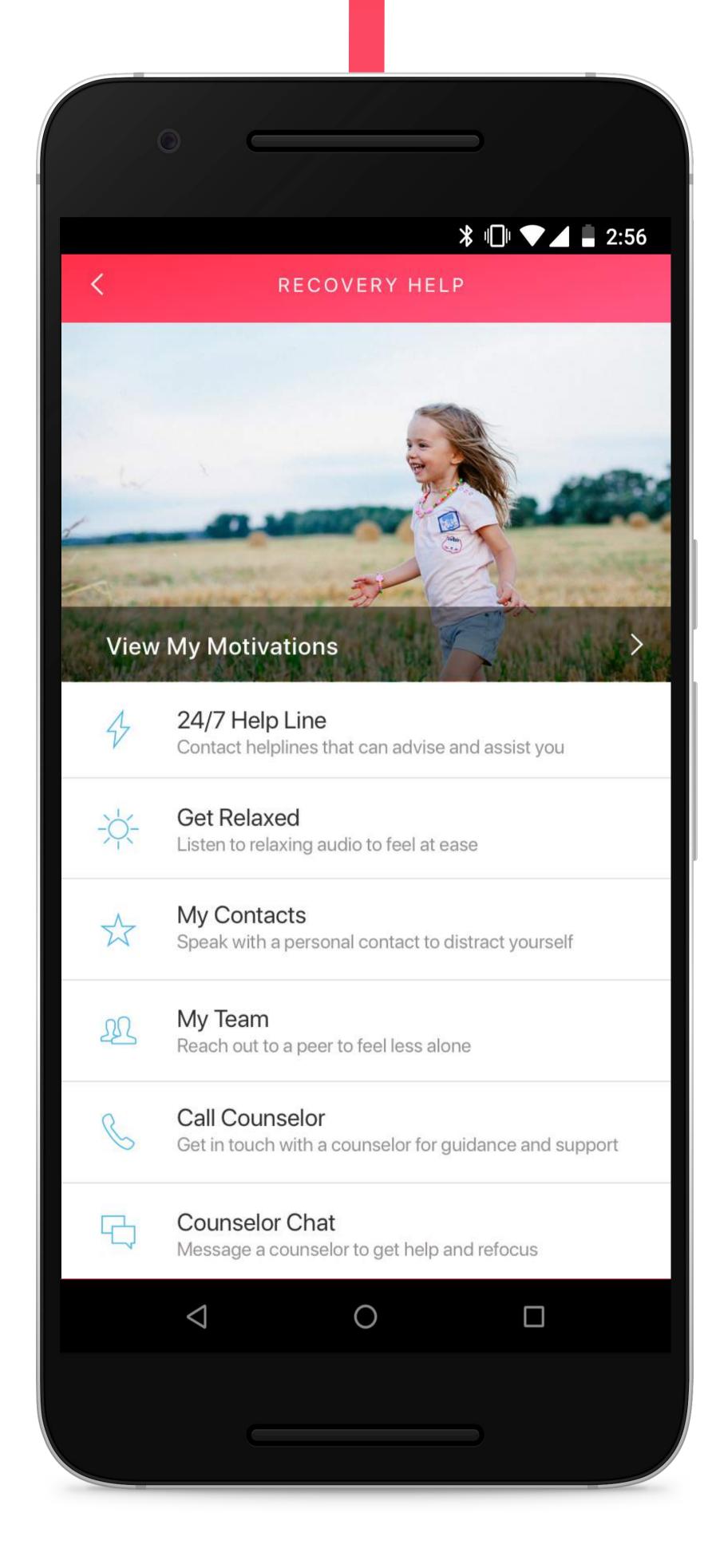
Contacts are a few, key people in your life who know about your recovery and are fully supportive. By placing them in your Contacts they will become immediately accessible here if you press the Recovery Help.



MY TEAM

You can connect with your assigned Team to seek help from a trusted peer! They are on a similar recovery journey and can offer suggestions as to what helps in their times of need.

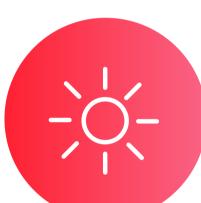






HELPLINE

This is a 24x7 hotline for those who feel they need it and it particularly helpful outside of standard clinical hours.



GET RELAXED

Connections hosts some relaxation audio which may be all you need to help you through a difficult time. When you press the Recovery Help, this option is immediately available to you.



CALL & CHAT

If you feel you need clinical help rather than the support of family or friends, select the Call Couselor option. When you select it you will be connected with a clinician assigned to you.

If you don't need a voice to voice conversation but just some guidance, this is an alternative to placing a phone call. Counselor Chat lets you reach out to get started on the best next steps.

[Not available for all patients]

RECOVERY HELP